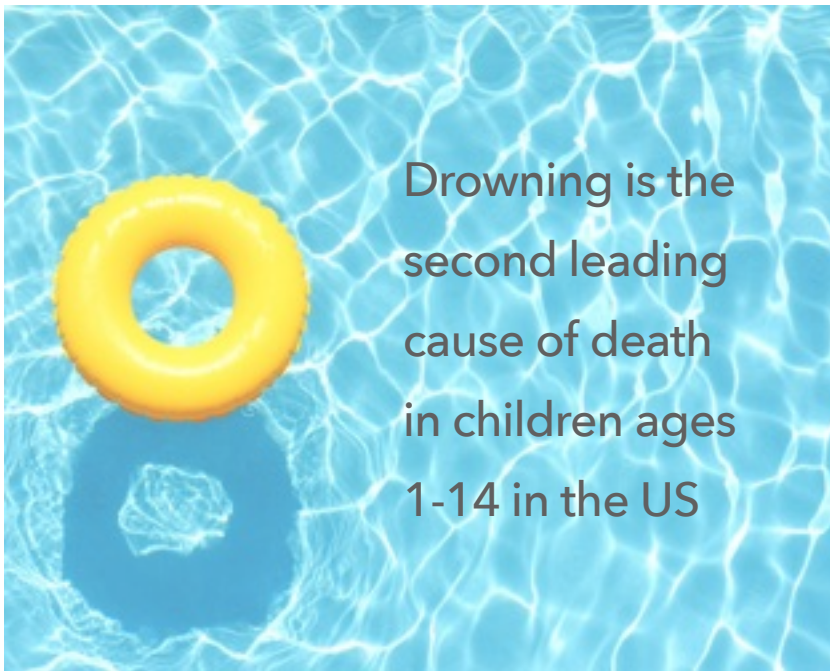


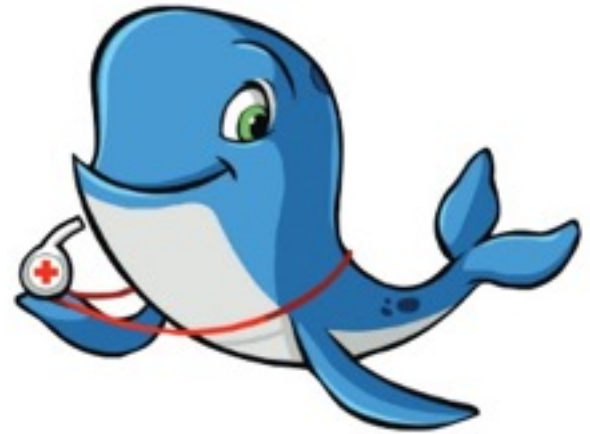
Drowning Prevention

Staying safe in and around the water

DCH Tom Sargent Safety Center - Lobby Level
www.Doernbecher.com/childsafety
safety@ohsu.edu (503)418-5666



Drowning is the
second leading
cause of death
in children ages
1-14 in the US



To learn more about keeping your child safe:
www.redcross.org and search "Water Safety"

- ▶ The most important way to prevent drownings is constant supervision!
- ▶ Never leave a baby alone in the bathtub, even for a second
- ▶ A toddler can wander away quickly! Lock doors and gates leading to yards with pools
- ▶ Home pools and spas should have fences
- ▶ Cover and lock hot tubs
- ▶ Teach children to always ask permission to go near water
- ▶ Do not leave containers in the yard where they may collect water and attract a child
- ▶ Children can drown in as little as 1 inch of water: dump out buckets, plastic pools, and empty the bathtub completely after each use
- ▶ Bathtubs and buckets are the most common place where babies drown
- ▶ Call Portland Parks and Recreation to enroll in swim lessons and classes (503-823-PLAY)
- ▶ Learn CPR
- ▶ Even children who are good swimmers can drown
- ▶ If you need to leave the water play area, **EVEN FOR A FEW SECONDS**, take your children with you
- ▶ Swim in designated areas supervised by lifeguards
- ▶ Always swim with a buddy, never swim alone
- ▶ Have young children wear U.S. Coast Guard-approved life jackets around water
- ▶ Water wings are not a life-saving device
- ▶ Pools are the most common place where young children drown